

# Fairhaven Recreation

227 HUTTLESTON AVENUE  
508-993-9269  
[www.fairhaven-ma.gov](http://www.fairhaven-ma.gov)



## FALL SESSION 2015



### Hours

Monday—Thursday 6AM—8PM

Friday 6AM—6PM

Saturday 8AM—2PM

Closed Sundays



# Fairhaven Recreation Policies & General Information

## Participants Responsibility

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the *Director reserves the right to dismiss or suspend a participant in any program without a refund of fees.*

Fairhaven Recreation is not a day care, after-school care program or babysitting service. Please read and understand the policies. If they are unclear to you please ask questions. **All** participants **must** pre-register for **All** programs. During unsupervised open gym times an adult must accompany children under 12. The Recreation Supervisor on duty is only responsible for the activity taking place within the gym. Please be on time dropping off and picking up children from their programs. Failure to do so will result in additional cost penalties or suspension from programming. Children should not be left unattended.

## Play Card

Your Play card **must** be with you when entering the building. You will be asked to scan it at the front desk as you enter the Recreation Center. Your card also gives you the opportunity to participate in all open gym activities. Play Cards will be issued at the Recreation Center during normal business hours. To obtain a Play Card you must provide 2 proofs of residency. Acceptable proofs of residency include a current utility bill, voter registration card or driver's license. For children, a report card or school I.D. card with an address will serve as valid proof.

## Program Registration

Registrations for programs will be during the regular operation hours listed in this brochure. Registrations will be accepted until the program is full and has met the minimum participation registration number. You may register for a play card at any time.

## Payment

Payment is due at the time of registration, check or money order made payable to Fairhaven Recreation. A fee of \$25.00 will be charged for any check returned for insufficient funds. No new registration of programming will be allowed until the \$25.00 fee is paid.

## Age Requirements

Participants must be of noted age or grade by the first day of the program in which they are enrolled.

## Program Course Confirmation

No confirmations are sent out. A participant is registered only when payment is received, unless the Department notifies you otherwise. We will **only** notify you if there are any problems.

### **Rental Fees**

The Recreation Center is available after hours for rentals of the gym or the multi-purpose room.

Please contact the program coordinator for more information.

**2 weeks notice is required for all rentals.**

## Weather Cancellations

When the Fairhaven Public Schools are closed because of emergencies or weather conditions, **all** Recreation Department programming will be canceled for the entire day. If a storm develops later in the day please call the Recreation Department for an update.

## Switching Programs

If space allows and you wish to switch to another program there is a \$10 administrative fee and the request must be handled in person only.

## Refunds

All programs are non-refundable, unless, the Recreation Department cancels a program. If you request to withdraw from a program you will only be refunded if sufficient time is allowed so that a replacement can be found and no costs are incurred by the department. There will be a \$10 administrative fee taken from the refund regardless.

## Photo policy...Smile

The Recreation Department and/or press take pictures and video on occasion of participants for publicity purposes and for local cable. If you don't want to have your child photographed please let us know.

## Special Needs

Children and adults with special needs are encouraged to participate in recreation programs. Staff members are sensitive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the facility, or wish to discuss program details, please call the program coordinator to ask about specifics.

## Personal Belongings

Please do not bring any valuables, toys or games to our programs. The Recreation Department is not responsible for lost or stolen articles. To be safe, leave articles at home unless necessary for the program.

## Program Policies

All programs are offered to members on a first come, first served basis. Members must have a valid play card to sign up for programs unless otherwise noted. Fairhaven Recreation reserves the right to cancel or consolidate any program one week prior to the start date that does not meet the minimum registration numbers. Remember, nothing terminates a program faster than waiting until the last minute to register. Avoid disappointment and register promptly!

## Non—Members

Non—Members can register for programs when space allows. Program fees plus an additional non member fee will be collected prior to the start of the program.

### **Birthday Parties**

**The best Birthday parties in Town are at the Fairhaven Recreation Center.**

**Ask the front desk for more information.**

## FEE INFORMATION

### Fairhaven Residents:

<u>Category</u>	<u>Full Year</u>	<u>Six Months</u>
Child Play Card	\$30	N/A
Sr Play Card (age 62 +)	\$30	\$20
Adult Play Card	\$45	\$32
College Student	\$80	\$52
Senior Full	\$80	\$52
Adult Full	\$110	\$65
Teen Wellness (16—18) **	\$60	N/A

### Acushnet/Mattapoisett Residents:

<u>Category</u>	<u>Full Year</u>
Child Play Card	\$50
Sr. Play Card (age 62+)	\$50
Adult Play Card	\$80
College Student	\$125
Senior Full	\$125
Adult Full	\$190
Teen Wellness (16-18)**	\$80
Non Resident Tax Payer:	\$165



\*Please note that 6 month memberships are only available for Fairhaven Residents\*

\*\* These members must attend a training and parents must sign agreement prior to receiving this membership\*\*

*Play cards give access to open gym activities and all programs at the member rate.  
A full membership gives access to the wellness room, open gym activities, and all programs at the member rate.*

### Important Dates to Remember

**The Recreation center will be closed on the following Dates...**



**Labor day—September 7, 2015**  
**Thanksgiving—November 26, 2015**  
**Christmas —December 25,2015**  
**New Year's —January 1,2016**

**The Center will close at noon on  
December 24th and December 31st**

**The Gymnasium will be closed on the following dates for Blood Drives**

**Wednesday — September 16, 2015**  
**Wednesday—November 18, 2015**  
**Wednesday— January 13, 2016**



## Youth & other Programs

### **Girls Basketball**

This six week program is for girls ages 8 to 14. Each week new teams and friends will be made! They can come to learn how to play or simply just brush up on their skills.

**Start Date:** October 3rd

**End Date:** November 14th (no Program Halloween October 31, 2015)

**Days:** Saturdays

**Time:** 9—10AM

**Ages:** 8-13

**Cost:** FREE with membership \$25 Non Member

### **Relaxed Yoga Flow**

Relaxation yoga is a great option for beginner students. This class will allow you to distress after a busy day and give you a chance to stretch, which will lightly raise your heart rate and increase blood flow throughout your body. This class is geared to improve posture, balance and increase range of motion. Modifications and options for all levels will be offered during class. Please bring your own props (i.e. blocks, blankets, water) for the 1 hour class.

**Ages:**Adult

**Days & Times:** Wednesdays 10Am—11:15

**Cost:** \$45 Member \$50 Non Member

**Start Date:** September 16

**End Date:** November 4th

**Instructor:** Kat Leblanc



### **Open Gym Basketball**

Make some new friends while refining your hoop skills. Times are always subject to change. Stop by for a current schedule of times for each age group.

**Ages:** 5—17

**Cost:** *Free* with your play card

**Please check our facebook page for more new and exciting programs as they are always developing!!!!!!**

## Programs & Events

### How to be a Referee

*Learn Referee Techniques. Everyone gets a whistle. Proper calls, rules of Fairhaven Recreation League, be able to Referee a game by the end of this 5 week session.*

**Saturday November 14th, 21st, 28th December 5th & 12th**

**Time: 10—11AM**

**Instructor: Staff**

**\$45 Member/\$60 Non Members**

**Ages 16—Adult**



### Kool Kids Thanksgiving Half Day Program

Children can come to the Rec after school and do their homework, enjoy a snack, and play a variety of games! Sign up for one, two or all three days. The Fairhaven Rec staff will offer supervised walks to our program for Wood School students

**\*\* Please note only Elementary Schools have half days on November 23rd and 24th \*\***

**One Day: Member \$25**

**Sibling: \$20**

**Non—Member: \$30**

**Sibling: \$25**

**Two Day: Member: \$45**

**Sibling: \$42**

**Non—Member: \$50**

**Sibling \$47**

**Three Days: Member: \$60**

**Sibling: \$54**

**Non—Member: \$65**

**Sibling: \$59**

**Pre Registration is Required**

**Due to staffing, drop—ins will not be allowed**

### Kool Kids Christmas Vacation

This 3 day program is a great opportunity to make new friends while participating in fun group activities such as pillow polo, floor hockey, dodge ball, cooperative games, flag football, arts & crafts, etc. Kids will need to bring their own lunch for the first 2 days of the program. The last day is a pizza lunch combined with a New Years celebration. Come ready to party! Sneakers and active clothes must be worn each day. Kids will be grouped according to their current grade in school.

**Grades: K—5**

**Dates: 12/28, 12/29, & 12/30**

**Time: Drop off 8Am, pick up by 3PM**

**Instructors: Staff**

**Cost: \$75 Member \$100 Non Member**



### Home Alone Safety Class

This course is designed to encourage children to be more independent. Topics covered will be basic first aid, door and telephone protocol, accident prevention, first aid for choking and safety measures. Pizza will also be provided. Space is limited... sign up soon.

**Ages: 9—11 Date: October 5th**

**Instructor: Beth Oleson**

**Time: 5:30—8PM**

**Cost \$40 members / \$45 non-members**

### Babysitting Class

This is a comprehensive 3 hour course for 11—14 year olds. Topics will include first aid, choke saving techniques, mealtime, bedtime, diapering, discipline, contracts and ethics. Pizza will be provided.

**Ages: 11—14**

**Date: November 16th Instructor: Beth Oleson**

**Time: 5:30—8PM**

**Cost: \$40 members/ \$45 non-members**

**Please register early as we will make a decision on whether the class will run 7 days before the scheduled date.**

## Youth programs & special events

### **Soccer with Jake**

An exciting program that focuses on key child developmental areas through the medium of soccer. The goal is to improve each child's motor skills, while advancing their physical, psychological and social development. The emphasis of coaching is to give children versatile experiences of basic motor skills and combinations, while creating a fun and safe environment for children to interact!

Start Date: September 30th

End Date: November 4th

Days: Wednesdays

Time: 3:30PM—4:30PM

Ages: 4—8

Cost: \$ 40 Member

\$50 Non—Member

### **Fairhaven Recreation Youth Basketball League**

**Registration:** November 7th & 14th from 8AM—2PM    **Cost:** \$10/ with play card \$50 without  
*Age is determined as of December 1, 2015*

Divisions will be as follows with sufficient numbers;

***Pee Wee (Co-Ed)***                      ***Ages 6—8***

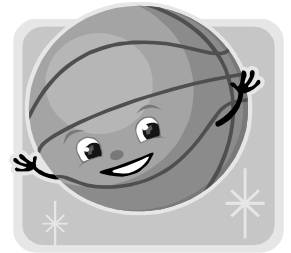
***Junior (Co-Ed)***                      ***Ages 9—11***

***Seniors (Co—Ed)***                      ***Ages 12—14***

***Open to all Members!*** Please bring 2 proofs of residency and a copy of child's birth certificate to registration. Information on new evaluation schedule available at registration.

### **Attention!!!**

Calling all basketball enthusiasts! We are looking for motivated, committed individuals to volunteer as basketball coaches for this league. We are also in need of officials for the league, pay is roughly \$15 per game. For more information and to fill out a volunteer application please call or stop by the Recreation Center during league registration hours.



## **14 Year Anniversary Extravaganza**

Join us for a **Free** day of fun as we celebrate 14 successful years at Fairhaven Recreation! All throughout the day we will be having local youth organizations and sport leagues here. Also Santa will be making an appearance so bring your camera. Our staff will be doing face painting and a holiday craft!

**Date:** Saturday December 5th

**Time:** 10AM—1PM



## Adult Programs

### **Body Pump**

Come workout for 1 hour and get a complete body workout....It will be an alternating schedule of 3 great classes—20/20/20, Circuit Training and Tabata....

**Ages:** 16—Adult

**Days & Times:** Tues/Thurs 6:45—7:45PM **Cost:** \$50 Member/\$75 Non Member

**Start Date:** September 8th/10 weeks

**End Date:** November 12th

**Instructor:** Julie Baiardi

### **Cardio Mix**

Start off your class with a 15 minute cardio warm—up that leads into a 45 minute total body toning workout— arms, legs & abs. You name it , we work it. The class incorporates the use of hand weights ,balance ball and floor work. (students must bring their own hand weights up to 8 lbs. and a balance ball)

**Ages:** 16—adult **Start Date:** September 8th /10 weeks **End Date:** November 12th

**Day:** Tuesday & Thursday **Instructor:** Nancy Gibeau **Time:** 5:30—6:30PM

**Cost:** \$50Member/ \$75 Non Member **No Class on November 11th**

### **Zumba**

*Kick up your heels with a Latin beat. Join this Drop in Class only.*

**Mondays & Wednesday from 5—6 PM**

**\$5 members / \$7 Non Members per class**

**Instructor:** Kim Jacoben

### **Vinyasa Yoga**

A flow of asanas(postures) designed to stretch, strengthen, and align the body. This practice will have pranayama (breathing techniques), introduction to a few more advanced postures and a short meditation at the end of each class. A well rounded continuing class for those looking to deepen their yoga practice. Experience with yoga is helpful, but not required. All levels are always welcome. Wear comfortable clothing, stay hydrated and bring anything you need to make your practice comfortable (mats, blankets, eye bags, etc.)

**Ages:** 16—Adult

**Day & Times:** Tuesday 6-7:15PM

**Cost:** \$45 Member/\$70 Non Member

**Start Date:** September 15th

**Yogini:** Kerri Cussan

**End Date:** November 17th

### **Adult Open Gym Basketball**

Work up a sweat with indoor pick up games! Open gym is free for all members

**Days & Time:** Monday 6—8PM

**Ages:** 18 & older



# ***Kool Kids After School*** ***Program***

*Fairhaven Recreation will once again be running its very popular after school program right in your elementary school this Fall! Parents can sign up for one day or the whole week, whatever you need. Children will meet in the cafeteria, have a snack, do homework, and play organized sports and games!*

**The program will run from when school ends until 5:30PM everyday school is in session.**

***\*\*This does not include early release days or snow days***

*Packets are available at the REC Center!*

***Please call for  
more information***